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He addresses the moment-by-moment decisions that therapists must make in their DBT sessions, balancing between acceptance paradigms (warmth/validation/reciprocal communication) and change paradigms (directive/challenging/irreverent).

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All of these professionals, if actively engaged in DBT, would benefit from this book, as many principles are best understood through application to a therapeutic relationship. Features: The 15 chapters begin with an explanation of the acceptance, change, and dialectical paradigms. The remaining chapters illustrate the structural anatomy of DBT using an analogy of a tree and review different DBT strategies for given dilemmas and complications.

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